

Workshop Program OODF 10.-12. February 2017

All teachers are listed in alphabetical order.

Please bring any props needed for the class in question.

Props can be purchased at the venue, see prices at the bottom.

ANNAH OF SWEDEN

- Baladi Groove, timing, phrasing & expression in a traditional Baladi progression -

Interpreting a Baladi progression means being 100% present in the music, taking your time, honoring the phrasing & silence, and focusing your energy to build up the intensity as the music evolves. We will work with a traditional Baladi piece and go into timing, phrasing and expression, with technique, combinations and structured improvisation.

Level: Intermediate and higher

AZIZA

- Extreme Technique and Fluidity in Transitions -

One of the topics she is most famous for, Aziza shares her secrets of seamless fluid transitions. Isolation drills, shimmy endurance exercises, posture, arm and hand concepts will be explored and applied to traveling steps and combinations. A special focus on transitions and movement quality to bring a new level of fluidity to your performance!

Level: Intermediate

- Fun and Funky Drum Solo Choreography -

A fast paced intricate drum solo choreography to challenge your concept of what a drum solo can be! Be ready for unexpected accents and Aziza's sense of humor.

Level: Advanced

- Veil Technique and Choreography -

Known for her skill and creativity with silk veils, Aziza will share her best veil tips, tricks and technique. You will come away with a new understanding of how to use your veil as an extension of the music and your body. This class will also include a short choreography to apply your new ideas of how to dance with a veil.

Level: All levels

DANA SAHAR

- Hagalla -

Hagalla is a folkloric dance of celebration performed by the Beduin people of Western Egypt.

Hagalla is usually done by a big group of men clapping and singing. But it's the woman who does most of the dancing.

In this class Dana will share a little theory about this dance as well as rhythm, combinations and a simple choreography.

Level: All levels

- Creating choreography -

Tarab is an emotion that makes us better dancers and feeds our authenticity. The workshop will focus on dance technique and combinations, but also how to explore your own emotion while dancing, how to use all the possibilities to create your own choreography by understanding the music and connecting to it emotionally. At the end of this workshop you will have more tools to create your own choreographies and to improvise based on your own style and emotional expression and by listening to the music.

Level: High intermediate/advanced

DAVID OF SCANDINAVIA

- Technique clinique: Khaleegy, and all purpose shimmies -

Explore the intricacies and refinement of Khaleegy dance technique and combinations for the style itself, or as tools to give a different perspective to shimmies and Oriental dance work. This workshop will challenge your technique, and also improve your shimmies.

Level: Intermediate/advanced/professional

- StageCraft - expression, strength, and commanding the space -

We will investigate techniques from various disciplines as tools to enhance performance ability and stage projection. This workshop uses body awareness and visualizations extensively and challenges the bounds between the delineations of a dancer's own personality - and the stage personas we present. We work on turning up the volume on delivering expressiveness that may not typically be as comfortable.

Level: intermediate/advanced/professional

HELENE OF NORWAY

- Dancing with Finger Cymbals -

Finger cymbals, zills or sagat, are a traditional musical instrument for Oriental dancers, and adds spice and energy to your performance. They give a new dimension to your dance and new ways of expression, and the audience love them! They are also an excellent training for your brain and coordination and helps you understand the music and rhythms better.

In this class we will explore fundamental patterns for playing finger cymbals and get you moving with your cymbals right away! We will spend the first part working on the most popular patterns and rhythms used while dancing and you will learn how to construct patterns, and then we will dance!

Helene will provide handouts for this class so you can continue practicing at home.

Bring your own cymbals or purchase them at the festival.

Level: All levels.

INGRID KVAM

- Double stick Saidi -

Ingrid teaches classic and new tricks using two saidi canes, as well as combinations that can be used in a saidi choreography. This class will be both demanding and enjoyable!

Att: Only tahtibs (canes without a hook) are allowed in class.

Att 2: There are fewer spots available in this class due to the space requirements, be sure to book your spot extra early!

Level: Advanced (You need to have practiced saidi with at least 1 cane before).

LAMYA TAOUSSI

- Fan veils -

Fan veils has become an attractive accessoire to use in modern sharqi. It creates an entire different type of mystique and elegance on stage and impresses your audience.

In this workshop we will explore creative ways to use the fans, closed and open, in combination with other movements, transitions, and ofcourse with many beautiful turns. We'll put these movements together to make short combinations which we will drill to slow music. The class will cover more than just the basics so you should be comfortable with basics of Middle Eastern dance in order to focus on your fan veils.

Be noticed on stage you too. Upgrade your veil to fan veils og join the class!

LAURA CERNIGLIARO

- Modern Sharki! -

Technique, style and a choreography of Modern Sharki style. Dynamic and powerful combos in order to add new energy to your dance. New steps to achieve the maximum use of your dance potential on stage!

Level: Advanced

LEYLA JOUVANA & ROLAND

- Egyptian Masterclass Choreography (Melda) -

Shine as a woman and make your audience go wild with Leyla's latest classical Egyptian choreo - Elegant and supersexy. A sure fire hit for your next performance, encores guaranteed.

Of course with Master-drummer Roland on the tabla!

Level: Masterclass

- Drumsolo technique with rhythms, introduction to Rhythms with combos -

In this class you will learn how to dance to different rhythms, how to recognize, how to count the beats, what are the perfect movements to each rhythm, like Chiftetelli, Masmoudi Kabir, Fallahi, Malfouf and many other rhythms, with live tabla!

Join the classes and learn some of the most important shimmies of the shimmy queen!

Level: Intermediate/advanced

MADAM QADAM

- Wings of Isis -

The dance with Isis wings is inspired by the Egyptian goddess Isis, who was depicted as a woman With bird wings. You dance with 'wings', a cape with sticks, to make winglike movements.

Wings can be purchased at the festival or borrowed from each other.

Level: All levels

MARTE KJØLL

- Shaabi -

Shaabi is the dance of the working-class and it's the genre of music and dance that has evolved the most in Egypt the last years. Shaabi is danced at home or at street weddings and parties. It's a rough, relaxed and often vulgar version of what we know as oriental dance.

Parallell with the music evolving and becoming more modern, the dance has become influenced by hip-hop and streetdance. Shaabi can be both feminine and coy of rough and athletic, depending on the music and the dancers personality.

In this class we will explore typical shaabi steps and gestures, which as in all types of dance, depends on the lyrics in the song. We will work with combinations to different songs to get a preview of the width of todays Cairo-Shaabi.

Level: Intermediate and up, but the most important thing is that you don't take yourself too seriously!

MICHELLE GALDO

- Dancetechnique -

Technique and awareness around the dance itself, the steps and movements that binds it all together into graceful and elegant dance.

We are talking about arm movements, rotations, turns and Arabesques among other things.

Michelle also likes working on toughness and flow, and techniques around that topic. We'll see what we have time for!

In order to enjoy the workshop and get something out of it you should be comfortable with the the basic movements and you should be able to apply simple combinations, as the combinations are the basis of what we will be working with.

Note, the combinations are short and simple, so do not be intimidated if you are not good at learning choreography! We'll avoid 'cool/difficult

tricks' and it-moments. We will work thoroughly on the simple but often forgotten aspects of dance. The trick is to get the easiest stripe to look like beautiful dance!

Level: Intermediate

SHEHAIFA

- Drumsolo Choreography-

The workshop that Shehaifa will share is a dynamic bellydance drum solo. The workshop includes isolations, shimmies from slow and fast moves, various traveling movements, spin and turns.

It will focus on layering movement of chest and hips and an introduction to various rhythms and typical dance movements, variations and combinations.

Student can have lots of fun with it!

Level: High intermediate/advanced

SVETARE

- Rumba Oriental -

The Oriental Rumba is a passionate dance with movements partly soft and partly very strong.

We combine steps and the rhythm of the rumba with classical oriental dance to create an elegant, graceful and dramatic choreography with so many accents

Within the choreography, you will learn most beautiful movements of the rumba; traveling steps, dramatic and impacting movements, spins, and lots more!

This is an exclusive piece that you will have in your repertoire.

Come and enjoy learning more about this charming dance, which is not presented often enough on stage!!!

Level: Intermediate

Props:

Silk veil: NOK 550

Cymbals: Large NOK 300, Medium NOK 250

Tahtib assaya: NOK 250

Isis wings: NOK 500

Fan veils: NOK 450/set of two fans

We also accept euro and american dollars.